

Lesson Plan

Lois Creighton.

Jesse Ketchum School.

Gymnastics

- Types: -
1. To help postural defects.
 2. To aid flexibility, co-ordination, agility.
 3. To teach fundamental skills.

Dancing

- Types: A. Individual
B. Folk Dances.

1. Teach fundamental dance steps.
2. Group work.
3. To develop rhythm, co-ordination and lightness.
4. To aid in leisure time.

Games

- Types: -
1. To teach fundamental skills, - catching, throwing, etc.
 2. To develop sportsmanship.
 3. For leisure time.
 4. Encourage group work.

Concentrating on Demonstration work.

Your activities should be
specifically named

Name - Lois Creighton, School - Jesse Hutchinson, Class V Age 10, Lesson - Practice Teaching No. 11.

Time Allotment

Type of Activity

Activity

30 mins.

Locomotive.

Running, skipping hopping,
correctly.

05 mins.

Stunts (individual)

1. Cat walk.

10 mins.

2. Duck walk.

15 mins.

Game.

3. The Rabbit Jump.

For & Game.

Grade IX

30 mins.

Locomotive.

Fundamental steps of dance to
be taught in lesson.

5 mins.

Dance.

Swedish Schottische.

10 mins.

Game

End Ball.

15 mins.

Games.

1. Know game perfectly.
2. Formation before explanation.
3. Explanations simple and concise.
4. Teach by the part method - stopping to explain new parts or correct mistakes,
5. Never talk when children are inattentive or talking.
6. Use whistle only when necessary. Never without having something to say.
7. See that rules are carried out.
8. Announce scores - winners, etc.

Folk Dances.

Neilson & Van Hagen.

How D'ye Do, my Partner.	785.
Round The Village	87.
Shoemaker's Dance.	88.
Chimes of Henkirk.	98. ✓
A Hunting we will go.	100.
Pussy Cat, Pussy Cat	105.
Please Porridge Hot	129.
Carousel	128.
Jolly is The Miller	132.
Little Bo Peep.	133.
Nixie Polka	134.
Children's Polka	173. ✓
Dutch Couples	176. ✓
Jump Jim Crow	183.
Pop Goes Weasel	185 + 222.
Rovenacka	186.
Sebogau	220.
Ritsch, Ratsch.	224.
Virginia Reel	225.
Capt. Jinks	265.
Little Nan in a Flig.	262.
Norwegian Mountain.	264.
Polly Wolly Doodle	264. ✓
Crested Hen.	300.

Singing Games from Rhythm House.

Step Step 10.
Bobby Shaftoe 15.
Muffin Man 24.
Ho! Ho! 32.

Irish Lilt. - D.L.S. - 161.
Irish Long Light. " 134
Milkbrook. - D.L.S. 164
Military Schottische.
Butcher's Dance. D.L.S. - 147
Pop Goes the Weasel - N.Y.U.H. - 303
Old Don Tucker. -
Highland Schottische
Badger Gavotte. - D.L.S. 121.
Lottie is Dead.
Stu's
Come let us be gayful.
Danish Dance of Meeting.
Highland Fling. - La Salle - 158
Ace of Diamonds.
Donegal. - La Salle - 131
How do you do.

Three Wives - La Salle - 104
The Mangle - N.Y.U.H. - 303

Games.

<u>Grade</u>	<u>Title</u>	<u>Reference</u>	<u>Page.</u>
I	Drop the Handkerchief	Neilson and Van Hagen	98.
I	Skip Tag	"	91
I	Brownies and Fairies	"	89
I	Squirrels in Trees	"	91
I	Chase the Animal around the tree	"	89
I	Stop and Start	"	92
I	Crossing the Brook	"	90
I	Fox and Farmer	Dorothy La Salle	286
I	Toss Ball	"	33
I	Charlie Over the Water	"	35
I	Slap gack.	Neilson and Van Hagen	92
I	Gack be Nimble	"	90
I	Howls and Hoops	Bowers.	24
I	Kat and Mouse	Dorothy La Salle	35
I	Teacher and Class Throw.	"	83
I	Hunter	Mason and Mitchell	221
I	Call Ball	Dorothy La Salle	34

Index Cont'd.

<u>Grade</u>	<u>Title</u>	<u>Reference</u>	<u>Page</u>
II	Hound and Rabbit	Nelson and Van Hagen	96
II	Bird Catcher	"	95
II	Back to Back	"	95
II	Puss in a Circle	"	97
II	Spider and Flies	"	98
II	Midnight	Bowers	23
II	Poison Tag	"	18
II	Catch of Fish	Nelson and Van Hagen	232
IV	Loss Tag	"	269
IV	Ball Stand	"	268
II	Barley Break	"	166
I	Flowers and Wind	Dorothy La Salle	38
II	Ring Call Ball	Nelson and Van Hagen	97
II	Double Circle	"	96
II	Run for your Supper	"Dorothy" La Salle	48
II	Well Cat	"	48
II	Poison Tag	Index Cards	
II	Cat and Rat	Nelson & Van Hagen	95

James Cont'd.

<u>Grade</u>	<u>Title</u>	<u>Reference</u>	<u>Page</u>
<u>III</u>	Fire Engine	Index Cards.	
<u>I</u>	Tag	Dorothy La Halle	36
<u>II</u>	Floor "	Mason and Mitchell	2 48
<u>III</u>	Partner "	Dorothy La Halle	50
<u>III</u>	Black Tom	Bowers	23
<u>III</u>	Hoop Tag	Neilson and Van Hagen	126
<u>I</u>	Have you seen my sheep	Dorothy La Halle	35
<u>III</u>	Will Dill	Neilson and Van Hagen	126
<u>III</u>	Posture Tag	Mason and Mitchell	2 40
<u>III</u>	Bean Bag- Board with Round Holes.	Neilson and Van Hagen	126
<u>III</u>	"Nucle Grab.	"	123
<u>III</u>	" Passing Relay	"	140
<u>III</u>	Stag	Index Cards.	
<u>III</u>	Whut the Slipper or Slipper Slap	"	
<u>III</u>	Ocean is Storming	Neilson and Van Hagen	125
<u>III</u>	Dodge Ball	"	146

<u>Grade</u>	<u>Title</u>	<u>Reference</u>	<u>Page</u>
I	Pincho	Nelson and Van Hagen	271
II	Fox and Geese	"	315
II	Bean Bag-Corner Spry	"	166
II	French Tag-Two Deep	"	171
III	Double Tag	"	124
III	Ball Passing	"	123
III	Flying Dutchman	"	124
III	Three Around	"	126
III	Forest Lookout	"	126
III	Boundary Ball	"	146
IV	Battle "	"	248
III	Pass Over Relay	"	141
IV	Shuttle Relay	"	217
IV	Kick Dodge Ball	"	163
IV	Hound and Rabbit	"	96
III	Circle Pass Ball	Donthy La Salle	34

389

Games Cont.

<u>Grade</u>	<u>Title</u>	<u>Reference</u>	<u>Page</u>
<u>VI</u>	Miss-Cross Relay	Index	
<u>IV</u>	Circle Passing Races	Thason & Mitchell	201
<u>VIII</u>	Pursuit Ball.	Index	
<u>Grade V</u>	Circle Soccer.	Neilson & Van Hagen	194.
<u>VI</u>	Hand Ball.	"	268
	Herman's Relay.		
	Quoit Relay.		
<u>VI</u>	Prisoners Base.	Neilson & Van Hagen	271
<u>VII</u>	Hit Pin Baseball	"	279
<u>V</u>	Corner Kick Ball	"	
<u>IV</u>	Bat Ball	"	151
<u>V</u>	Progressive Dodge Ball	"	198